

1. The suffering we cause

And the Greek word for "trained" is *gymnazdo*, from which we get our word gymnasium... It meant to undergo a regimen of exercises deliberately aimed at strengthening weak parts of the body and further enhancing the strong ones."

— **Walking with God through Pain and Suffering** by Timothy Keller

---

Benefits of the discipline of the Lord

- V. 1 Sin is laid aside
  - V. 1 Endurance
  - V. 5, 7 Being treated as a son
  - V. 6 Awareness of God's love
  - V. 9 Be subject and live
  - V. 10 For our good
  - V. 10 Share his holiness
  - V. 11 Peaceful fruit of righteousness
  - V. 12 Spiritual strength and wholeness
  - V. 14 Peace and holiness
  - V. 14 See God
- 

5 Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. 2 Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. 3 Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, 4 and endurance produces character, and character produces hope, 5 and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

**Romans 5:1-5**

---

Side - Effects of the discipline of the Lord

- V 3, grow weary & fainthearted
- V 11 painful, not pleasant

## Symptoms of disregarding the discipline of the Lord

- V 5 Regard lightly, forget the exhortation
- V 12,13 Drooping hands, weak knees
- V. 15 Root of bitterness
- V. 15 Defilement
- V. 16 Sexual immorality
- V. 16 Unholiness or worldliness
- V. 17 Hardheartedness

## 2. The suffering we choose

<sup>11</sup>“Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. <sup>12</sup>Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

**Matthew 5:11-12**